



KIAI

Karate Inspiring Action Immediately



Tiny Tigers / Leopard Week 2: Commit To Your Basics

(Earns 1 Attitude Stripe)

Leopard Techniques (10x Each)

- Walking Kicks
 - Front Kick
 - Step Behind/Side Kick

- Combinations
 - Front Kick, Front Kick
 - Step in/Back fist, Reverse Punch
 - Front Kick, Back fist, Reverse Punch

Day 1

Day 2

Day 3

Challenge Me! (5x Each)

Basic Form 1

Go The Extra Mile

(Earns 1 Additional Attitude Stripe)

Quickness comes from muscle memory. Do your clock drill for 1 Minute on each side. Do the first 30 seconds following the 12-6-3-9 pattern. During the last 30 seconds mix it up and do the pattern in any order you want.

Student Name: _____

Parent Signature: _____

Date: _____

“Do not wait to strike ’til the iron is hot; but make it hot by striking.”

~ William Sprague